Wanzhen Jun

Class1:

20 minutes on treadmill.  


2 minutes’ break



10 minutes on weight machines: legs, arms

10 reps on the arm push machine

10 reps on leg press

Elliptical- 8 minutes:



Class 2

CrossRamp – 10 minutes



Bike – 10 minutes

Elliptical – 10 minutes

Prone leg curl – 10 times per 1 set

Class 3

Treadmill - 20minutes

Vertical chest press – 1 set (10times per 1 set)

10 reps on the arm push machine

Push ups - 1 minute

Class 4  
Elliptical- 10 minutes   
Bike – 20 minutes

Leg press 4 reps of 15: 1-2 minutes

-       Chin up- 5 reps of 15- 2 minute

Class 5  
Treadmill- 10 minutes

Vertical chest- 4 reps of 15- about 2-3 minutes

2 sets of 10 reps arm pull

10 minutes on bikes